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PAGE 22

Calgary 'veto' still a sticking point in metropolitan plan

Legislated solution?
City still looking province to make regional plan mandatory, Coun. Gian-Carlo Carra says

ROBSON FLETCHER
robson.fletcher@metronews.ca

Calgary shares its largest border with Rocky View County but, after months of mediation, the two municipalities still don't see eye-to-eye on a regional growth plan that's due up for two key votes this week.

On Monday, city council is set to vote on a revised Calgary Metropolitan Plan (CMP) and, by all accounts, approve it.

In the eyes of Mayor Naheed Nenshi and numerous councillors, full regional buy-in on the CMP is key to the city's own plan for growth, which is largely aimed at limiting sprawl and increasing urban density.

The city's goal, in part, is to reduce the capital costs associated with outward expansion. Its worry is that restricting suburban development within city limits will simply push the same types of development just outside city limits, and still create strain on city infrastructure.

Nenshi has touted the CMP as a way of mitigating that concern, but Rocky View has refused to sign on due to a stipulation that regional decisions must include two-thirds of member municipalities representing at least 50 per cent of the population.

Rocky View sees that as an effective "veto" for Calgary, since the city has 83 per cent of the population. Provincial mediation resulted in a revised plan that saw some consensus in other areas, but not on that issue.

The Calgary Regional Partnership — a voluntary body from which Rocky View, the MD of Foothills, and the Town of High River have withdrawn — is due to vote on the revised CMP on Thursday.

But while Rocky View council has "ongoing discussions" about the CMP, Coun. Rolly Ashdown said Sunday there are no immediate plans to put it formally on the agenda and the municipality still stands staunchly opposed to the Calgary "veto."

"Really, that's where it kind of falls apart," Ashdown said.

10K FOR MOTHER'S DAY

Patricia Tsang and her 14-month-old daughter, Lucy, cross the finish line outside Chinook Centre after completing the 10-kilometre course for the Sport Chek Mother's Day Run and Walk on Sunday. The annual event is expected to break fundraising records this year. See story, page 6.

ROBSON FLETCHER/METRO

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Day 8: Hockey marathon

Team Hope holds 302-goal lead

Spirits are still high as 39 bruised and battered hockey players continue their quest to play a single game for more than 10 straight days.

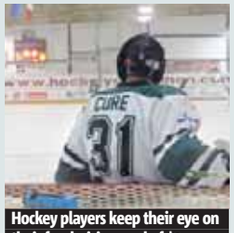
Hockey Marathon For the Kids is an event that has two squads — Team Hope and Team Cure — facing off in order to raise money for the Alberta Children's Hospital and to try to break the world record for the longest hockey game.

Sunday marked the eighth day in the marathon.

"I'm feeling pretty good, keeping my spirits up. It's definitely tiring," said Steve Zmudczynski, a player for Team Hope. "My feet are swollen, the hips are sore, the knees are sore, and my back is sore but, all in all, still feeling pretty good."

Along with the players, a large group of volunteers are working around the clock as referees, scorekeepers — and chefs — to make sure the marathon keeps going. "They are really the winners out here for sure," Zmudczynski said of the volunteer effort. As of noon Sunday, Team Hope was leading Team Cure by a score of 3,098 to 2,796. The game continues at the Chestermere Recreation Centre until Wednesday.

KEN VAN DE WALLE/FOR METRO



Hockey players keep their eye on their fundraising goal of $2 million. KEN VAN DE WALLE/FOR METRO

Fire crews were still on scene at 12 Avenue and 12 Street S.W. Sunday morning after a blaze threatened the neighbouring apartment building. KATIE TURNER/FOR METRO

Downtown fire forces apartment evacuation

'It's horrible'. Investigators working to determine cause of fire at car garage

KATIE TURNER
calgary@metronews.ca

Residents in a downtown apartment building received a rude awakening early Sunday morning as fire broke out at a neighbouring garage.

Firefighters responded to a call at the Meineke Car Care Centre on the corner of 12 Avenue and 12 Street SW around 1 a.m. and found flames shooting out of the bay doors of the garage.

A second alarm was called due to the three-storey apartment building next door and residents were evacuated while crews focused on protecting the apartments.

Douglas Gray lives in the next building over and said he too was told to leave around 1:30 a.m.

"Police were pounding on the door, the fire alarm was going off," he said. "You walked out and there had to be 10 trucks scattered around."

While Gray was able to return to his building Sunday morning, his neighbours likely won't be allowed back for a several days, according to acting Battalion Chief Fred Rogi.

"I think we had about two to three suites that were damaged," said Rogi. "The building suffered heavy smoke damage and they're not allowing people back in there because the fire alarm system isn't working and the air quality is poor."

Benny Katz, the building manager for 20 years, stood in bewilderment at the damage in the area.

"It's horrible," he said. "Right now I'm at a loss. I'm so surprised that I'm at a loss for words."

Second fire

- Rogi said the department was kept busy by a second fire Sunday morning in the Foothills Industrial Park at the Westcon Precast warehouse.
- Thanks to thermal imaging cameras, crews were able to locate the fire and bring it under control quickly.
- No injuries were reported in either incident.

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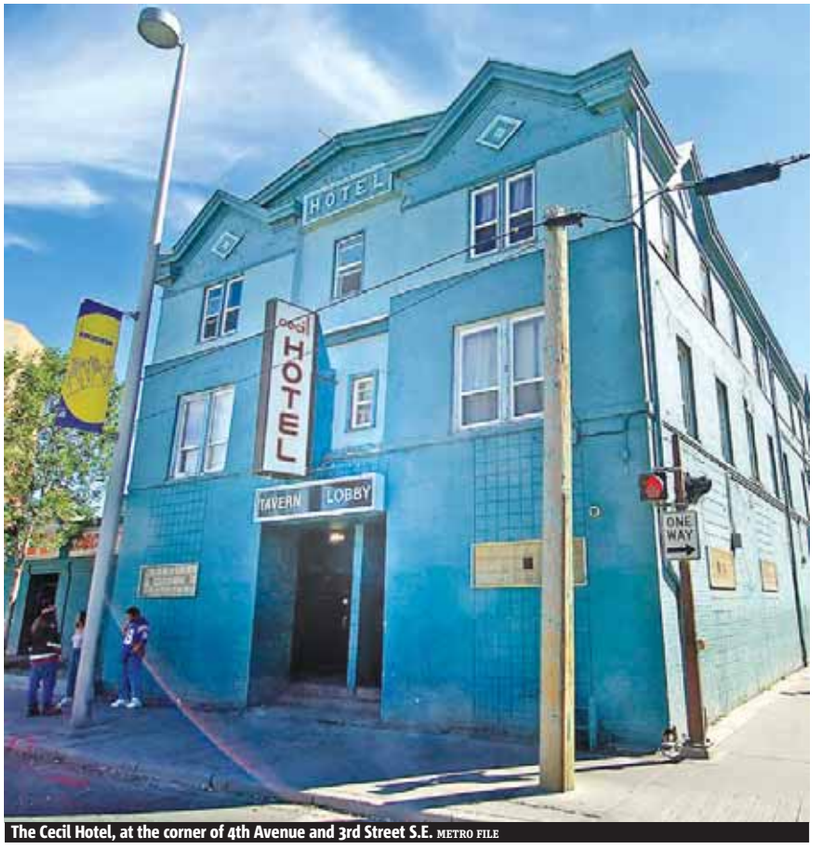

The Cecil Hotel, at the corner of 4th Avenue and 3rd Street S.E. METRO FILE

City to hand Cecil Hotel to its East Village developer

Heritage. Previous owners were poor stewards that left little to save, says councillor

ROBSON FLETCHER
robson.fletcher@metronews.ca

Calgary plans to transfer ownership of the Cecil Hotel to the city-owned company in charge of the East Village redevelopment, according to Coun. Druh Farrell, who hopes some of the building's few remaining historic elements will be preserved.

"There's very little of the Cecil remaining that's original," Farrell said Sunday.

The Calgary Municipal Land Corp. will soon take over the hotel and the property that connects to it, Farrell said, and it will be up to it to figure out how much — if any — of the building's history can be preserved.

"There's almost nothing in the interior worth saving," she said. "It's been gutted and altered over generations. The people that owned it weren't great historical stewards."

The hotel opened in 1912 and in recent decades become known for violence, prostitution and drug activity.

The city revoked the hotel's business licence and bought the property in December 2008 for $10.9 million. The building was boarded up and, by January 2009, police reported a 91 per cent drop in calls to the area.

Earlier plans

When the city bought the Cecil Hotel property in 2008, there were plans to potentially turn it into a parkade.

- At that time, the Calgary Drop-In and Rehab Centre also had a plan to buy the property and turn it into affordable housing and a grocery store.

Nevertheless, Farrell described the hotel's original design as "actually very attractive" and said she'd like to see at least "a portion" of the Cecil preserved.

"It adds to the flavour of the neighbourhood, but I also recognize practicalities."

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Burger Week. Contest for charity goes 'way, way, way' better than expected

Calgarians are dabbing off the corners of their mouths and throwing in the napkin as the second-annual YYC Burger Week wrapped up Saturday.

Nearly twice as many local restaurants entered the ring this year, competing to win the hearts and, more importantly, the stomachs of discerning burger lovers.

While the winners won't be announced until May 21, Burger Week co-founder Terry Lo said the showdown, which took place from May 2-10, was a huge success.

"It went way, way, way beyond what we expected," said Lo. "We probably sold at least 16,000 burgers."

Lo said as of last Thursday they were tracking seven people who were looking to get their burger passports stamped at all 30 restaurants, though Lo had yet to confirm if anyone had achieved that sort of burger supremacy.

"We honestly did not think that someone would be so willing to try 30 burgers," he said. "The average burger is half-a-pound so that's 15 pounds of meat they just ate in a week."

Grumans Deli manager Colin Conklin said Burger Week was a huge success for their restaurant, as a first-time competitor.

"We sold out of burgers every day," he said. "It was nice to showcase what we can do."

Lo estimates this year's Burger Week raised somewhere between $16,000 and $30,000 for local charities.

KATIE TURNER/METRO

Beef it up

Last year's Burger Week champion, Naina's Kitchen, went through 45 kilograms of beef per day during this year's competition, according to Terry Lo.

Calgarians turn out in force for Run and Walk

Participants flood across the finish line during the 2014 Sport Chek Mother's Day Run and Walk in Calgary. ROBSON FLETCHER/METRO

NICUs. Proceeds to buy equipment for Foothills, Rockyview, Peter Lougheed and South Health Campus

ROBSON FLETCHER
robson.fletcher@metronews.ca

Nearly 15,000 participants hit the streets Sunday morning for the 37th annual Sport Chek Mother's Day Run and Walk, which organizers believe will break all past fundraising records for the event.

Participants appear on track to pull in more pledges than ever before, said Todd Birss, general manager of the Forzani Foundation.

"They have until the middle of June to hand in all their pledges, so we won't know official totals until that time," he said. "But I have a feeling that we'll break any records that we've had in the past."

Organizers set a goal this year to raise $720,000, offset by the event's cost of roughly $245,000.

Proceeds will support the Calgary Health Trust Neonatal Intensive Care Units (NICU) at four local hospitals.

The 5-km and 10-km routes involved the closure of major roadways in southwest Calgary for most of Sunday morning, and John Forzani said the event wouldn't be possible with the co-operation of the city and Calgary Police Service.

"The city blocks off Macleod Trail, so it's a big deal if you ask me," he said.

Patricia Tsang ran the 10K route while pushing her 14-month-old daughter, Lucy, in a stroller.

"It was great," she said of the run after crossing the finish line. "It was a really good course."

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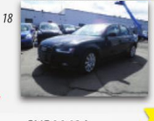
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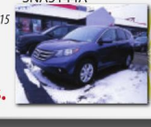
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Town ponders role of businessman in shootout

St. Paul. Police investigate slaying of priest to determine if his death was related to Friday's rampage

The attention of an Alberta town shaken by a shootout and the death of a priest has now turned to a local businessman who managed a health and vitamin store.

RCMP said John Carlos Quadros, 55, of St. Paul, died Friday evening during a gun battle in which three Mounties were injured. It took place on the town's busiest street while residents fled for cover.

St. Paul Mayor Glenn Andersen said Quadros managed Health Mart 2000, located a short distance from where the confrontation happened.

He said no one has an answer about what may have sparked Friday's rampage.

"It's a question that could be in everybody's minds forever — what was the stressor? What would provoke somebody to do something like this?" Andersen asked.

RCMP said they continued to investigate the slaying of Father Gilbert Dasna, 32, to try to determine whether his death is related to the confrontation with police.

On Friday, gunshots rang out near the town's RCMP detachment and police began hunting for a black pickup that was seen leaving the area. At about the same time, police got a distress call from the rectory of a Catholic church. When they arrived, they found the priest dead. THE CANADIAN PRESS

RCMP vehicles and a black pickup truck at the scene of a shooting in St. Paul, Alta., on Friday. RHEA LABRIE/THE CANADIAN PRESS

Risk to wildlife? Not all residents thrilled about Jasper's new tourist thrill

The newest tourist attraction within Jasper National Park is not for the faint-hearted or the acrophobic.

Depending on the foot traffic, you can feel the Glacier Skywalk sway just a little as you're looking through a glass floor almost 300 metres straight down to the valley below.

The $21-million attraction charges $24.95 per adult for access to a glass-floored observation platform that extends 30 metres above the Sunwapta Valley. The Skywalk opened to the public this month.

And while the views are stunning, the privately owned glass deck in the sky, just off the Icefields Parkway, is not without controversy.

Many environmentalists and residents of Jasper believe it is unnecessary and poses a risk to wildlife, particularly mountain goats and bighorn sheep. The Alberta Wilderness Association says it represents "encroaching commercialization" into the national parks.

The project passed a federal environmental assessment in 2012 and was fully endorsed by Parks Canada.

THE CANADIAN PRESS

A tourist steps off the glass-floored walkway of the newly opened Glacier SkyWalk near the Columbia Icefields in Jasper National Park on Wednesday. JEFF MCINTOSH/THE CANADIAN PRESS

Canada Day weekend

Two Alberta byelections planned for June

Four federal byelections — two in Alberta, two in Ontario — will be held June 30.

Prime Minister Stephen Harper announced Sunday that voters in the four ridings would go to the polls in the middle of what for many will be the four-day Canada Day weekend.

The Alberta constituency of Fort McMurray-Athabasca was vacated by Conservative MP Brian Jean, who stepped down in January, citing a desire to spend more time with his family.

Conservative MP Ted Menzies resigned his southern Alberta seat in the riding of Macleod in November to become president and chief executive officer of CropLife Canada, a trade association for plant-life technologies.

THE CANADIAN PRESS

Catholic faithful take holy communion and pray for the safety of kidnapped Chibok school girls during a mass given in their honour in Abuja, Nigeria, Sunday. Failure to rescue the girls, captive for nearly four weeks, has attracted mounting national and international outrage. SUNDAY ALAMBA/THE ASSOCIATED PRESS

‘Too terrifying for words’: Teen who fled captors

Nigerian schoolgirls. Pope tweets call for prayer with #BringBackOurGirls

One of the teenagers who escaped from Islamic extremists who abducted more than 300 schoolgirls says the kidnapping was “too terrifying for words,” and she is now scared to go back to school.

Sarah Lawan, a 19-year-old science student, spoke Sunday as Nigerians prayed for the safety of the 276 students still held captive. Their prayers were joined by Pope Francis.

“Let us all join in prayer for the immediate release of the schoolgirls kidnapped in Nigeria,” the Roman Catholic leader tweeted, using the trending #BringBackOurGirls.

Lawan said that more of the girls could have escaped, but that they were frightened by their captors’ threats to shoot them. She spoke in the local Hausa language in a phone interview from Chibok, her home and the site of the mass abduction in northeast Nigeria.

The failure to rescue those who remain captive four weeks later has attracted mounting outrage. Last week, Nigeria was forced to accept international help in the search, after ignoring offers for weeks.

More experts are expected in Nigeria to help rescue the girls, including U.S. hostage negotiators and others from Britain, France, China and Spain.

“I am pained that my other colleagues could not summon the courage to run away with me,” Lawan said. “Now I cry each time I come across their parents and see how they weep when they see me.”

Police say 53 students have escaped. THE ASSOCIATED PRESS

Quoted

“I am really scared to go back there; but I have no option if I am asked to go because I need to finish my final year exams.”

Sarah Lawan, who escaped from Boko Haram extremists, on returning to school

International outrage

Gov’t refused help for weeks

The president of Nigeria for weeks refused international help to search for more than 300 girls abducted from a school by Islamic extremists, one in a series of missteps that have led to growing international outrage against the government.

The U.K. first said it was ready to help the day after the mass abduction on April 15, according to the British Foreign Office. And the U.S. has said it offered help and was in touch with Nigeria “from Day 1” of the crisis, according to Secretary of State John Kerry. Yet it was only on Tuesday and Wednesday, almost a month later, that President Goodluck Jonathan accepted help from the U.S., Britain, France and China.

THE ASSOCIATED PRESS

Insurgents say Ukraine region votes overwhelmingly for sovereignty

Two referendums. Results could hasten country's breakup

Ninety per cent of voters in a key industrial region in eastern Ukraine came out in favour of sovereignty Sunday, pro-Russian insurgents said in announcing preliminary results of a twin referendum that is certain to deepen the turmoil in the country.

Roman Lyagin, election chief of the self-styled Donetsk People's Republic, said around 75 per cent of the Donetsk region's three million or so eligible voters cast ballots, and the vast majority backed self-rule.

With no international election monitors in place, it was all but impossible to verify the insurgents' claims.

The preliminary vote count was announced just two hours after the polls closed in an election conducted via paper ballots.

A second referendum organized by pro-Russian separatists was held Sunday in eastern Ukraine's industrial Luhansk region, but no immediate results were released.

Ukraine's central government and the West had condemned the balloting as a sham and a violation of international law, and they have accused Moscow of orchestrating the unrest in a possible attempt to grab another piece of the country weeks after the annexation of Crimea.

The results of the two referendums could hasten the breakup of the country and worsen what is already the gravest crisis between the West and Russia since the end of the Cold War.

THE ASSOCIATED PRESS

Ukrainians living in Russia queue to get their referendum ballot papers and vote in Moscow on Sunday. Residents of two restive regions in eastern Ukraine cast ballots Sunday in referendums that seek approval for declaring sovereign people's republics in the Donetsk and Luhansk regions. THE ASSOCIATED PRESS

Bloodshed

Shooting in east Ukraine

Armed men identified as Ukrainian national guard opened fire Sunday on a crowd outside a town hall in eastern Ukraine, and an official for the region's insurgents said there were an unspecified number of deaths. The bloodshed in the town of Krasnoarmeisk occurred hours after dozens of armed men shut down voting in a referendum on sovereignty for the region. One of them identified the group as being national guardsmen. An Associated Press photographer who witnessed the shooting said two people were seen lying unmoving on the ground.

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New puppy fashion trend: Human overcoats

Cassandra Cantu shields her seven-week-old puppy Kamala from the snow as she walks with friends in the Bear Creek Dog Park in Colorado Springs, Colo., on Sunday. The snowy weather was expected to continue in the area overnight Sunday. MARK REIS/THE GAZETTE/THE ASSOCIATED PRESS

Quebec wants to be exempt from temp-worker ban

Province 'a bit worried.' But federal employment minister's spokesman says there are no plans to lift the moratorium

The Quebec government is calling on Ottawa to lift the ban on restaurants hiring temporary foreign workers — at least in its own province.

Quebec's immigration minister Kathleen Weil was to meet with her federal counterpart Chris Alexander on Monday, according to spokesman Dave McMahon, who said Weil will ask that Quebec be granted an exemption to the moratorium.

"We are a bit worried about the impact of the moratorium on our restaurants and on our small- and medium-sized businesses," he said Sunday.

"We are ready to work with the federal government to tighten the rules of the program if need be."

Weil is also planning to make the same case to Employment Minister Jason Kenney, who oversees the temporary foreign workers program, McMahon said.

A spokeswoman for Kenney said there are no immediate plans to lift the ban, in Quebec or anywhere else.

"Abuse of the temporary foreign worker program will not be tolerated," Alexandra Fortier said in an email.

"Allegations of misuse will continue to be investigated and any employer found to have violated the rules will face serious consequences." THE CANADIAN PRESS

Background

Ottawa announced the moratorium last month, after a string of reports alleging the program was being misused by the restaurant industry.

- The moratorium has been widely criticized by industry groups. Quebec's restaurant association called it "exaggerated and unreasonable."

Crime

Police arrest trio of teens for series of 'swatting' cases

Three teens, two from Ontario and one from Quebec, are facing charges following an investigation into so-called "swatting" incidents across North America.

A 16-year-old Ottawa youth is facing 60 charges for alleged involvement in dozens of incidents across North America designed to get SWAT teams to respond.

A Milton, Ont., teen was arrested and charged with public mischief two days after an April 30 incident that led to the evacuation of a school.

And a 15-year-old boy from Laval, Que., was arrested Thursday and charged with allegedly using a telephone or a computer to target a shopping centre, two private homes and the same school twice.

Officers investigating the Milton incident said they learned the accused had planned for the threat to be delivered by an "online" acquaintance, whom they said they identified as a 16-year-old from Ottawa believed to be responsible for dozens of incidents.

THE CANADIAN PRESS

Tighter control. Justice Department cuts $1.2M from its research budget

The federal Justice Department has chopped $1.2 million from its research budget, and is tightening control to ensure future legal research is better aligned with the government's law-and-order agenda.

Previous legal research in the department sometimes caught senior officials "off-guard ... and may even have run contrary to government direction," says an internal report for deputy minister William Pentney.

The reduction means the loss of eight experienced legal researchers, most of them social scientists.

The result is a diminished research capacity, which now must be better controlled from the top to ensure it supports the government policies, says the report.

"The review confirmed that there have been examples of work that was not aligned with government or departmental priorities," says the October 2013 document, obtained by The Canadian Press under the Access to Information Act.

Some past projects have "at times left the impression that research is undermining government decisions."

The report did not cite specific studies, but a department report last year on public confidence in the justice system appeared to be at odds with the Conservative government's agenda.

Researcher Charlotte Fraser found many Canadians lacked confidence in the courts and prison system, but suggested it was the result of misunderstanding rather than any failures in the system, and that education could rectify the problem.

Critics said the finding was contrary to the government's approach, which is to pass tougher laws and impose harsher penalties rather than to cultivate a better-informed public. THE CANADIAN PRESS

'Significant loss'

The budget cut on April 1 this year — described as a "significant loss of resources" — represents about 20 per cent of research spending, and arises from deficit-cutting measures first set out in the 2012 budget.

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Thailand. People warned to avoid protest sites

Thailand's caretaker government warned people to stay away from protest sites for their own safety and said Sunday it would tighten security to prevent clashes between pro-government and anti-government protesters who held competing rallies in Bangkok over the weekend.

The two groups were several kilometres apart, but concerns of violence have risen following a court's ouster of Prime Minister Yingluck Shinawatra last week.

Anti-government protesters, emboldened by the constitutional court's ruling Wednesday to dismiss Yingluck for nepotism, ramped up their efforts on Friday to bring down what remains of Yingluck's administration by laying siege to television stations, surrounding state offices and demanding lawmakers help them install a non-elected prime minister. THE ASSOCIATED PRESS

An anti-government supporter rests in his tent at a campsite in downtown Bangkok, Thailand, Sunday. VINCENT THIAN/THE ASSOCIATED PRESS

Syria ignores civil crisis to launch election campaign

Opposition denounces June 3 vote as a sham. Assad widely expected to win another term

On billboards and in posters taped to car windows, new portraits of President Bashar Assad filled the streets of Damascus on Sunday as Syria officially opened its presidential campaign — despite a crippling civil war that's devastated the country and left large chunks of territory outside of government control.

With the country so bitterly divided, it remains unclear how the government intends to hold a credible vote in the middle of the conflict. But officials have brushed aside such doubts, and have forged ahead undeterred.

Assad faces two other candidates in the race: Maher Hajjar and Hassan al-Nouri, both members of the so-called internal opposition tolerated by the government. But the men are relatively unknown, and neither has the full weight of the state behind him like Assad does.

The presence of other candidates on the ballot represents a shift in Syria. Until now, Assad and his father have been elected by referendums in which they were the only candidates and voters cast yes-or-no ballots.

Analysts say that the vote was likely set for mid-summer to give the military and its allied militias time to seize more ground, particularly key urban centres, before citizens head to the polls.

With a mix of brute force and negotiations, the government last week struck a deal with the last rebel holdouts in Homs to allow some 2,000 opposition fighters and civilians safe passage to rebel areas in the north. The government once more has control of Homs. THE ASSOCIATED PRESS

Pro-Syrian government protesters chant slogans to show their solidarity as they hold up portraits of Syrian President Bashar Assad with his father Hafez Assad during a demonstration in the port city of Sidon, Lebanon, Sunday. The posters read, "With you forever." MOHAMMED ZAATARI/THE ASSOCIATED PRESS

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Brett Crawford, left, and Mike Thom cut up the carcass of a blue whale in Woody Point, N.L., on Sunday, May 11.
PAUL DALY/THE CANADIAN PRESS

Blue whale racks up large price tag

Trout River. The man leading the Royal Ontario Museum's effort to dismantle the large mammal says the job is getting expensive

The Royal Ontario Museum's experts have made progress carving and dismantling the dead blue whale. KATE ALLEN/TORSTAR NEWS SERVICE

The skeleton can eventually become part of an exhibit at the museum.
KATE ALLEN/TORSTAR NEWS SERVICE

Newfoundlanders who want to keep at least one of two giant blue whales that washed ashore on the west coast of the island may get their wish.

The man leading the Royal Ontario Museum's effort to dismember and transport those remains to Toronto says he must review plans to handle both carcasses.

"My commitment when I came in was to do at least one whale and my hope is to do both of them," Mark Engstrom, deputy director of collections and research for the museum, said during a break from the smelly job.

"We're doing the Trout River whale and then I have to reassess my budget and see where I am in terms of whether or not I can actually do the Rocky Harbour whale," he said.

Those extra costs include towing the first carcass from Trout River to adjacent Woody Point where it could more easily be worked on, Engstrom said. The second body is still resting in shallow water near the Rocky Harbour fish plant in Gros Morne National Park.

They are among nine rare and endangered whales that became trapped in pack ice earlier this spring.

Rocky Harbour Mayor Walter Nicolle had expressed relief when the museum offered to add the whales to its collection and make scientific data available to global researchers.

Engstrom declined to discuss the budget. But he said in an earlier interview that the museum's expenses would reach tens of thousands of dollars and he hoped they wouldn't exceed $100,000.

Local businesswoman Jenny Parsons is part of the new Trout River Blue Whale Committee hoping to establish its own exhibit. The idea that both whales would go to Ontario was seen by many as a lost opportunity.

But as the federal government passed responsibility to the province and provincial officials stayed quiet, the museum stepped in.

The big question is who would pay to take responsibility for the second whale. Parsons' group wants to start raising funds and resources.

THE CANADIAN PRESS

B.C.

Highway of Tears progress delayed

Mayors and other leaders say the province has yet to contact them about what needs to happen to protect women along a stretch of highway in northern British Columbia known as the Highway of Tears.

What emerges is a picture of slow progress that appears to contradict the province's claims that it has been holding meetings about the issue with local governments.

THE CANADIAN PRESS

Kootenay region

Woman killed in canoe accident

A 19-year-old woman is dead and three male youths are missing after a canoe overturned in a lake in B.C.'s West Kootenay region.

RCMP Sgt. Darryl Little says emergency crews were called to Slocan Lake Saturday, where they found the woman and rushed her to hospital. THE CANADIAN PRESS

Zebra mussels. Manitoba to combat invasive species

They are small clam-like creatures that seem to spread in the blink of an eye and squeeze the life out of the rivers and lakes they inhabit.

This summer, those who grapple with zebra mussels will watch Manitoba, where officials are using a unique experiment to stop an invasion.

Once the ice recedes on Lake Winnipeg, a silk curtain will be lowered to the lake floor to seal four infested harbours.

Liquid potash will then be pumped into the water until it reaches a lethal concentration for the mussels.

The technique has been tried in a closed quarry, but it is believed this is the first time it will be used in open water.

The potash plan will cost $500,000, but many say it could save millions down the road if it works.

Those who depend on the lake for their livelihoods are concerned about the experiment and the impact it could have on the short fishing season. THE CANADIAN PRESS

A group of zebra mussels, taken from Lake Erie, are seen in this undated photo. U.S. DEPARTMENT OF AGRICULTURE/THE ASSOCIATED PRESS/THE CANADIAN PRESS

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Ottawa cops: Red tape allowed two diplomats to flee

Human trafficking case. Couple fled before immunity could be waived

JOE LOFARO
Metro in Ottawa

Ottawa police say bureaucracy was a contributing factor to a diplomat couple fleeing Canada once the pair found out they were going to be charged with forcing a Filipino woman into "modern-day slavery."

Police made the investigation public Friday in a news release, saying a diplomat at the Embassy of the Philippines and her husband allegedly exploited their 26-year-old nanny for financial and material benefit. The woman came to Canada legally, spoke very little English and worked for the diplomats from July 2009 to December 2013.

The investigation began in December 2013 after a third party made a complaint to police. After months of investigation police wanted to arrange an interview with the couple, but nothing could be done without their diplomatic immunity being waived.

"The embassy is the one that ultimately decides if the immunity is waived," said Insp. Paul Johnston of Ottawa police in an interview Sunday. "We don't have the means to arrest someone unless that waiver is provided to us. We knew it was a possibility they could leave the country."

On April 30, Ottawa police sent a request to the Department of Foreign Affairs, Trade, and Development (DFATD) in order to lay the charges against the two foreign nationals.

However, DFATD informed police on May 5 that the couple had surrendered their identification cards to the department and returned to the Philippines.

Bueneflor Cruz, 44, and Robert Cruz, 45, are now wanted on Canada-wide arrest warrants. They were jointly charged with trafficking a person by exercising control, receiving material or financial benefit in the commission of trafficking and withholding or destroying identification documents for the purpose of facilitating an offence.

Nanaimo shooting

Hundreds attend memorial services

Two men who died in a shooting at a Vancouver Island sawmill last month were remembered in separate memorials on Saturday as people who loved life.

Friends and family remembered 53-year-old Fred McEachern as a "genuine guy" who wanted to be a participant rather than an observer in life.

McEachern and 61-year-old Michael Lunn died when a lone gunman entered the Western Forest Products sawmill in Nanaimo and started firing. Two other employees were wounded.

Later in the day, hundreds at another ceremony gathered to remember Lunn.

A sea of people wearing red shirts — an homage to Lunn, who wore his favourite colour, red, every day to work — left only standing room at the church.

THE CANADIAN PRESS

Justice reforms. Former inmate talks rise and fall of tough-on-crime era

John Witherow tried robbing a jewelry store — and walked away with a treasure trove of insights into the American justice system.

His participation in a stickup attempt in Reno, Nev., earned him 26 years in prison in an era of drastic change in U.S. justice policy, from the rise of the tough-on-crime approach to its more recent fall from favour.

Witherow shared his story during a conference in Washington, where there is bipartisan momentum behind a number of justice reforms designed to reduce prison costs and increase rehabilitation of inmates.

When he arrived in the Nevada prison system in 1984, he recalled, prisoners were able to get out early for good behaviour, and some were getting college degrees. Witherow himself managed to turn his life around with paralegal training. But he says things changed pretty quickly.

"It was just the start of the maybe-we-should-get-tough-on-crime era," said Witherow.

"People are finding out that tough on crime does not work," says former inmate John Witherow.
JOHANNES SIMON/GETTY IMAGES

A recent study says states' combined prison costs have increased 400 per cent since the 1970s. About 40 states have now relaxed at least some of their drug laws, and imprisonment levels have dropped in the U.S. for the first time in more than a generation.

THE CANADIAN PRESS

Vietnam vets honoured four decades later

The name of U.S. army Spc. Alan Leslie Seamans, of Grafton County, N.H., appears on the wall of the Vietnam Veterans Memorial in Washington. A ceremony Sunday marked the addition of 14 new names to the memorial, including Seamans, bringing the total to 58,300. JOSE LUIS MAGANA/THE ASSOCIATED PRESS

Monument set to reopen after nearly 3 years

Restoration. Memorial honouring George Washington closed since 2011 earthquake caused severe damage

More than 150 cracks have been repaired, rainwater leaks have been sealed, and the 130-year-old Washington Monument is set to reopen Monday for the first time in nearly three years since an earthquake caused extensive damage.

The memorial honouring George Washington was closed about 33 months for engineers to conduct an extensive analysis and to restore the 555-feet-high stone obelisk, once the world's tallest structure.

The Washington Monument prior to the reopening.
MOLLY RILEY/THE ASSOCIATED PRESS

The monument's white marble and mortar were cracked and shaken loose during an unusual 5.8-magnitude earthquake in August 2011 that sent some of the worst vibrations to the top. Debris fell inside and outside the monument, and visitors scrambled to evacuate. Later, engineers evaluated the damage by rappelling from the top, dangling from ropes.

Now new exhibits have been installed, and visitors can once again ride an elevator to look out from the highest point in the nation's capital.

The full restoration cost $15 million US. Businessman and philanthropist David Rubenstein contributed $7.5 million US to pay half the cost and expedite the repairs.

The monument normally draws about 700,000 visitors annually. THE ASSOCIATED PRESS

Transgender personnel. U.S. military should review its ban: Hagel

The prohibition on transgender individuals serving in the U.S. military "continually should be reviewed," Defence Secretary Chuck Hagel said on Sunday.

Hagel did not indicate whether he believes the policy should be overturned. However, he said "every qualified American who wants to serve our country should have an opportunity if they fit the qualifications and can do it."

A transgender individual is someone who has acquired the physical characteristics of the opposite sex or presents themselves in a way that does not correspond with their sex at birth.

A panel convened by a think-tank at San Francisco State University recently estimated that about 15,450 transgender personnel serve in the military and in the National Guard and Reserve.

In 2010, Congress passed legislation allowing gays and lesbians to serve openly. Hagel said the issue of transgender people serving in the military is more complicated. He said "these issues require medical attention" that at times cannot be provided in austere locations.

Serving with pride

"Many of our allies, including the U.K., Australia and Israel, allow transgender people to serve with pride and honour in their armed forces. It's time for the U.S. to join them."

Allyson Robinson, policy director of SPART*A, an advocacy group made up of LGBT people who now serve, or once served, in the military

The National Center for Transgender Equality said it welcomed Hagel's comments, which were made on ABC television's This Week. The organization's executive director, Mara Keisling, said the regulations that disqualify transgender recruits and service members are based on outdated prejudices and stereotypes.

A military review of transgender issues could occur as it also deals with questions about how to treat transgender prisoners.
THE ASSOCIATED PRESS

Colombia

Former leader summoned over allegations

The office of Colombia's top prosecutor jumped into a presidential feud between a past and current president on Sunday, summoning Alvaro Uribe to substantiate suggestions that drug money went into the campaign of current President Juan Manuel Santos.
THE ASSOCIATED PRESS

Jamaica

Heavy security ordered in capital after protests

Authorities ordered a heavy security presence in a section of Jamaica's capital Sunday after residents put up roadblocks to protest the killing of two men by police.

The Jamaica Constabulary Force said the men were killed late Saturday when they engaged officers in a shootout. One pistol and three rounds of ammunition were seized after the gun battle, police said. THE ASSOCIATED PRESS

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London's billionaires

U.K.'s capital city now the capital city for billionaires

A new study finds that London has become the capital of the world's wealthiest, with more billionaires than any other city.

The Sunday Times says London has 72 residents whose fortunes exceed $1.6 billion US. THE ASSOCIATED PRESS

Sorry, not sorry?

Nintendo sorry, but still won't add gay avatars

Nintendo is apologizing and pledging to be more inclusive after being criticized for not recognizing same-sex relationships in English editions of a life-simulator video game. But it said it was too late to change the game. THE ASSOCIATED PRESS

The Shard

A room with a view

It seems the new Shangri-La hotel on the upper floors of the Shard — a famous skyscraper in London — offers rooms with a view, but it isn't always what guests expect. A design quirk means glass panels protruding from the building can act as mirrors once internal lights are switched on at night, so in some rooms it's possible to get a glimpse of neighbouring guests. The hotel's general manager said blinds are available for privacy. Guests will be advised when they check in. THE ASSOCIATED PRESS

The Shard GETTY IMAGES

Should you buy into the Alibaba IPO?

HOW TO ROLL
Alison Griffiths
metronews.ca

Is it time to start saving your pennies for a run at Chinese Internet monolith Alibaba when it comes to a stock exchange near you? Perhaps.

First of all, it's going to be a humdinger of an Initial Public Offering (IPO). When Alibaba Group Holding Ltd. shares are listed sometime this year on either the New York Stock Exchange or NASDAQ, the company could have a market value anywhere from $175 to $250 billion US. That will make it one of the largest companies on the planet; perhaps it will even crack the Top 10.

Quick guess. What is the largest company in the world? Apple Inc., Wal-Mart Stores Inc., Exxon Mobil Corp.? Nope. According to Forbes Magazine, top spot goes to Industrial & Commercial Bank of China Ltd.(ICBC), a Chinese bank, with assets of $3.1 trillion.

But if you rank companies by market capitalization, i.e. the value of shares outstanding, Apple wins at $483 billion, followed by Exxon Mobil, Google Inc. and Microsoft Corp.

Back to Alibaba. As is the case with most IPOs, there will probably be an investor honeymoon throughout what is called the lock-up period. It usually lasts from 90 to 180 days after the IPO launch during which insiders, such as owners or founders, cannot sell their shares.

When a lock-up period expires, listed companies often sag. Remember Facebook, Inc.? It had a number of lock-up periods, which isn't typical for IPOs. When the first one expired, the shares plummeted to just under $20, a loss of about 50 per cent.

However, Alibaba is a very different company than Facebook. Unlike the social media networking giant, it is vastly diversified as the largest e-commerce company in China. Part virtual shopping mall and part Internet payment service with a dash of B2B and B2C (business-to-business and business-to-consumer) marketplace, Alibaba has its fingers in everything to do with online consumption in the world's most populous country.

And, as Business Week staffer Drake Bennett recently put it, "China, it seems, has only begun to shop."

Nonetheless, technology IPOs are notoriously risky. If you do manage to get your hands on some shares early on, watch the stock price carefully and consider selling half before the lock-up period expires.

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CALGARY A VINYL GOLDMINE

URBAN COMPASS

Jeremy Klaszus
calgary@metronews.ca

This Mother's Day, I have been reflecting on a particular lesson my mom taught me: You can never spend too much money on music.

First, it was vinyl records, then CDs. When I was a kid she bought tons of CDs. These days she's back into vinyl, joining countless others who are rediscovering (or discovering for the first time) the joys of physical albums.

In our smartphone era, music can seem intangible: stamp-sized cover art, nothing to hold in the hands, Songza playing in the background. It's convenient, but less satisfying somehow.

With vinyl, you get cover art, interesting packaging, a nostalgic feel and other little surprises. (Check out local singer-songwriter Chad VanGaalen's latest LP, Shrink Dust, for an example of random weirdness.)

Sure, you may get some pops and the odd skipping, but the sound is rich, full and satisfying. All told, the music has a larger presence.

This holds great appeal. In 2013, vinyl sales increased by 32 per cent from 2012. At the same time, digital music sales went down (though digital still dwarfs vinyl sales, of course).

Like my mother, I have done my part in this shift. I have taken what she taught me and applied it toward vinyl.

Unfortunately, Calgary is a dangerous city in which to do this.

In recent years, much has been said about Calgary's emerging scenes in food, craft beer and the like. But this is also noteworthy: In Calgary, we have a wealth of vinyl records.

Hot Wax in Kensington, The Inner Sleeve in Marda Loop, Sloth Records and Melodiya Records on 17th Avenue SW — they are all danger zones for buyers of vinyl. Even my local drugstore, Lukes Drug Mart, sells records. So when you go in for Tylenol or toothpaste, you sometimes emerge poorer by $20 (or more, depending on one's inner fortitude that day).

The real goldmine, of course, is Inglewood's Recordland, with its ridiculously narrow aisles and tightly packed shelves.

I realized how good we have it in Calgary last summer, during a visit to Seattle.

I'd heard that Bop Street Records in that city is one of the best used record stores in the U.S.

Yet when I stepped into the store, flanked by two very high walls filled with records from floor to ceiling, I was underwhelmed. There were lots of records — over half a million, according to the website. But once you've been spelunking in Recordland, it's hard to be fazed by anything else.

Recordland has perhaps between half a million and one million records — they've never counted, and with good reason. It would take forever. If you enjoy music, consider joining the vinyl madness. For a little over $100, you can get a decent turntable (tip: avoid Crosley units in favour of Sony or Audio-Technica).

But then you must watch your wallet, especially in this city.

ZOOM

Smooching Moose for the win

Halifax Mooseheads forward Stefan Fournier, second from right, plants a smooch on Jonathan Drouin after a first-period goal in Game 5 of the QMJHL final on May 14, 2013. JEFF HARPER/METRO FILE

Metro photographer gets the prize

A picture-perfect moment of two Halifax Mooseheads players celebrating a goal during last year's QMJHL final — by locking lips, no less — has landed a Metro Halifax photographer an Atlantic Journalism Award.

Jeff Harper was one of three finalists in the category of newspaper photojournalism feature at Saturday night's awards ceremony in Halifax. METRO

Brotherly love captured in a kiss

Harper won for his once-in-a-lifetime shot of jubilant Mooseheads Jonathan Drouin and Stefan Fournier celebrating a goal with a quick brotherly smooch during Game 5 of the QMJHL final against the Baie-Comeau Drakkar at the Metro Centre.

Halifax won that game, and the series in five games, to take home its first-ever President's Cup title. The photo was shared by thousands and received media coverage from outlets across Canada. METRO

Swept up

"It was in the moment and I'm going to kiss my brother.... By the way, for all the ladies out there, Jo's a great kisser."

Stefan Fournier,
commenting last May on teammate Jonathan Drouin's technique

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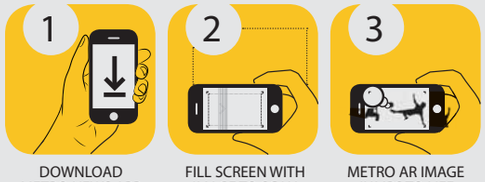

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In this issue, you can find AR enhancements on page 13 in News, page 19 in Scene and page 28 in Sports

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MetroTube

Not all whale stories end in explosions and bits and pieces

ANDREW FIFIELD
metronews.ca

You only need cast your eyes to the blue whales that washed up on the shores of Newfoundland to learn that it's been a tough few weeks for threatened whale populations.

But at least there's a glimmer of good cetacean news from the southern hemisphere, courtesy of New Zealand skipper Joe Brogan who leaped into the ocean to free a baby humpback that had become entangled in trap lines. Don't dwell too much on the fact a whale was entangled in netting to begin with. (Via Joe Brogan/YouTube)

ISTOCKPHOTO

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See that symbol? It means you can scan the photograph below with your Metro News app. Hamlet on the highway? Find out why Locke deserves the comparison

Ebooks

Circa 1948

By. Stan Douglas & The NFB

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MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

This exploration of post-war Vancouver offers 44 historically researched eavesdropping tales of immigrants, newlyweds, war vets, and politicians discussing anxieties and corruptions similar to today. Although glitchy at times, the vintage music and the way you can snoop through people's belongings help make the time travel feel atmospheric.

Television

Lost creators fess up to a few flops

Lost creators Damon Lindelof and Carlton Cuse have admitted what fans and haters have said all along: much of the mostly gripping TV show really wasn't any good.

The mysterious drama had several strong seasons but petered out and lost many fans as it stumbled to its love-it-or-hate-it finale.

"We did 121 hours of Lost. Arguably only 15 to 20 of them were subpar, bordering on turds," Lindelof tells Esquire magazine.

THE ASSOCIATED PRESS

Locke took director on an unconventional ride

Making the ordinary mesmerizing. Directing Locke was just the kind of challenge Steven Knight was looking for

NED EHRBAR
Metro World News in Hollywood

Actor Tom Hardy and director Steven Knight attend the Locke premiere during the 70th Venice International Film Festival at the Sala Darsena in Venice, Italy, in September, 2013. GARETH CATTERMOLE/GETTY IMAGES

Prolific British writer and director Steven Knight wanted to do something unconventional when he came up with the idea of Locke, a film about an ordinary man (Tom Hardy) driving across England while dealing with personal and professional crises via speakerphone. What's unique is that the entire story is told from within the car, seemingly in real time. It was an idea so unique, Knight found, that some car companies didn't want any part of it.

Where did the idea to do such a contained setting for a film come from?
I'd just finished making a conventional film, and a couple of things had happened. One was that I'd noticed how beautiful and hypnotic urban environments at night shot from inside moving vehicles are. You get this moving light show, which I found quite beautiful. At the same time I was trying to take filmmaking back to the very basics of what the job is, which is to get a load of people into a room, turn off the lights, and have them engage with a screen. How many other ways are there of doing that? To make life more difficult for myself, I wanted to make the main character the most ordinary person in the world — he's married, he's got two kids, he works in construction with concrete. There is nothing about him that would make the papers. This is a very ordinary tragedy, and I just wondered if audiences would go with it.

And how did you go about getting Tom Hardy involved?
He was quite keen to play a straight role because he's always larger-than-life monsters or villains or whatever. This is probably his first straight role as an actor. It was Tom who brought the Welsh accent into it because he's got a friend who's Welsh, and he said, "He's a very ordinary, straight person so I'll do that voice." The character was always going to be concrete, he was always going to be ordinary, and then Tom invested that with the thing that he brings to every role.

So how did you like the BMW?
It was fine, but originally we were going for a Land Rover, and they didn't want to do it. Because it's such a weird concept and weird idea, I think people just thought we were mad. And so we went to BMW. A lot of people have asked, "So did you get some sort of great deal from BMW?" But we didn't. They just said, "You can have two vehicles for 10 days, and then give them back to us at the end." That was it. Retrospectively, I wish I had made more of it.

The car comes off very well in the film.
I know! It never breaks down or anything (laughs).

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Ellen Page

Singer allegations are 'super, super disturbing': Page

While Bryan Singer has kept quiet in the wake of his numerous sexual abuse allegations and mounting civil suits, at least one of his X-Men: Days of Future Past stars is addressing the issue.

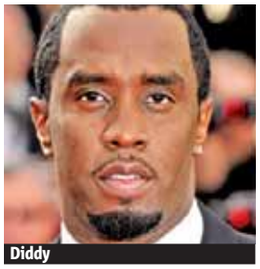
Ellen Page finds the allegations "super, super disturbing" in an interview with the Hollywood Reporter. "I guess the truth will come out in the way that it does, but it's hard to hear about someone being in that situation, someone you like working with," she says, adding that whether or not the allegations against Singer are true, "I do think that there's a systematic issue of people in places of power manipulating and abusing young people."

Dr. Diddy is a unicorn — and you are too

Sean "Diddy" Combs was awarded an honorary doctorate on Saturday from Howard University in Washington, D.C., where he studied business for two years before dropping out in 1990 to pursue music.

Some of the speech was filled with odd Diddy-isms. "I am a unicorn," he told the Class of 2014. "You are a unicorn. We are unicorns."

However, he did impart this piece of excellent wisdom: "Nobody is going to invite you to the front of the line; you've got to push your way to the front of the line."


Diddy

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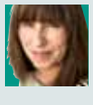
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Michael and Sarah have a ball at the Met Gala



STARGAZING
Malene Arpe
scene@metronews.ca

Michael Sheen and Sarah Silverman are photographed walking the Met Gala red carpet together. Now they just have to do the required Couples' Trip to the Grocery Store and the relationship will be official.

The words and wisdom of Shailene Woodley: 1) Shailene tells David Letterman she eats clay because "clay binds to other materials in your body and helps your body excrete those materials — that are not necessarily the best for you." 2) Shailene tells TIME that she isn't a feminist because she "loves men" and she doesn't want to "raise women to power, take the men away from the power." 3) She says that making popcorn "is just a weird ritual and it's the best thing on the planet."

Cressida Bonas is on "compassionate leave" from work after her break-up from Prince Harry. Back in my day we just took two Valium and sucked it up.

This week in feuds: 1) Mike Epps calls comedian Kevin Hart "overrated." 2) George Clooney attacks Steve Wynn in an open letter. 3) Seth Rogen has had enough of Justin Bieber and calls him a "piece of bleep." 4) Back in my day we just ... no, we pretty much just talked about our enemies to the press, too.

Courtney Love ALL PHOTOS GETTY IMAGES

Brand was a wee bit too stinky for Love

Courtney Love says that she might have warmed to Russell Brand's advances if it weren't for his odour. "My favourite Russell Brand line was when we first were friends and he tried to hit on me and nothing ever happened," Love tells British talk-show host Alan Carr. "He goes, 'I've had a lot of grand conversations, darling, but none of them ever ended in an orgasm. Can we go to your room?' He's got some good lines."

Apparently not good enough to overcome the smell, however. "I said to Russell, 'You're too musky for me, man,'" she says. "He is a little musky. We did yoga together and the musk was there."

The former Hole singer isn't the biggest fan of Brand's ex-wife Katy Perry, either, though she tries to play nice. "Katy Perry bores the s— out of me," Love reportedly told a crowd during a show in New York last fall. "She's a nice girl, but she just really bores me."

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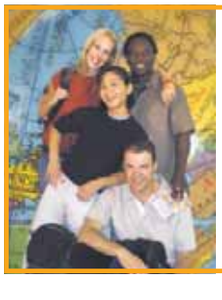
If you don't have a baby with secret paternity on Mad Men you're like so basic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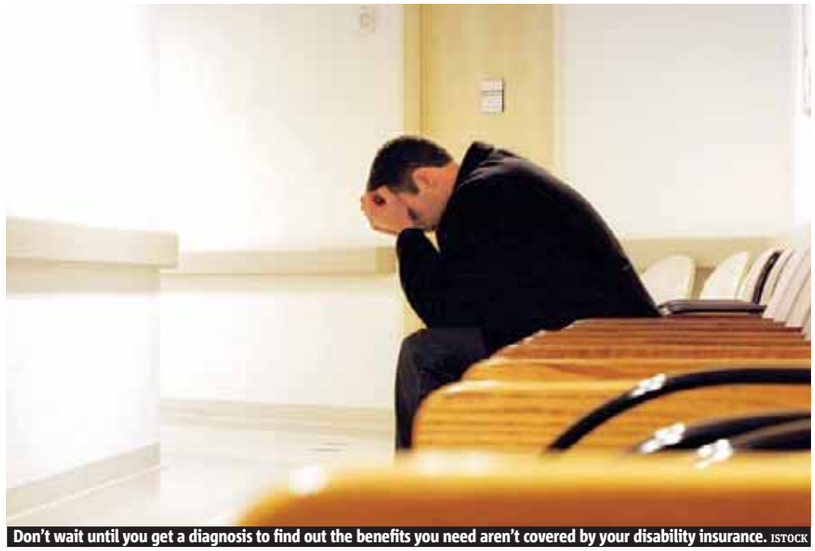

Don't wait until you get a diagnosis to find out the benefits you need aren't covered by your disability insurance. ISTOCK

Imagine the horror of being diagnosed with a progressively debilitating disease. Imagine the relief of knowing that while you have to stop working, you have a group disability plan that will help to make ends meet. Imagine your disbelief when your claim is declined by the insurance company because you just aren't disabled enough in their eyes. It happened to a girlfriend of mine and it could happen to you.

If you want to avoid a nasty surprise when you can least afford it financially and emotionally, take these questions to your benefits administrator at work and make sure you understand the answers you're given.

What's the policy's definition of "disabled" and how long will benefits be paid?
If you can't do the job you were hired to do, will you be paid regardless of what other work you may be able to find? Will partial benefits be paid if you can only work for a few hours a day? A weak definition of disabled can be one of the biggest holes in a plan.

Carol had a disability plan that covered her for her "own occupation" for two years, after which it reverted to "any occupation," which is pretty typical of a group plan. The only way Carol could continue to collect after two years is if she were unable to do any work at all. If the insurance company deemed she could be a parking lot attendant, they wouldn't pay.

How much am I covered for, and how will it be taxed?
Most group policies cover employees for a certain percentage of their salaries — often 60 to 75 per cent. Some also have a cumulative maximum. But many people have no idea how much they're covered for or even if their disability income will be taxed. Many group policies paid for by an employer generate income that is not taxed. If you pay the premiums directly from your after-tax income, or if your premium is a taxable benefit, then the money you receive on a claim is tax-free.

If you find that the income you receive from your disability coverage is taxed, the next question is this: Will the money be enough once tax is taken?

Does my policy have a residual disability feature?
In the case of a slow recovery or deterioration because of a progressive disease, this feature becomes very important. Without it, years may pass before your claim can begin because you must meet the insurance company's definition of "totally disabled." Since most group plans have limited benefits for residual disabilities, the seams of your safety net may not be as strong as you think they are.

What are the exclusions on my policy?
An exclusion is something you aren't covered for. Typical exclusions include travel outside Canada, pre-existing conditions, mental, nervous disclosure, and alcoholism. The list can be wide and varied. If your malady falls within the list, you've got a hole in your safety net

People often don't carry individual disability insurance because they believe their group coverage is fine. Smart people who want to make sure that they are well-protected don't rely on the off-the-shelf version. They look to an individual policy to supplement it. Carol bought low-cost private coverage that would kick in after the first two years of her group coverage expired. This group offset insurance is cheap because the wait period (the time before benefits are paid) is so long.

The other important issue in favour of an individual policy is that you may not always have your group plan. A change in jobs, the decision to stay home to raise a family, or self-employment could all leave you with no coverage.

It's complicated
Buying disability coverage is complicated. Not only are there rigorous health criteria, you must also show proof of income relative to the coverage you're applying for. That often excludes new entrepreneurs from coverage at least until they have a two-year earnings history. And as you get older, not only does new coverage get more expensive, it becomes more difficult to qualify.

You need the help of a qualified insurance advisor when you go shopping for disability insurance. With so many sizes and styles out there, it's very easy to buy one that looks good on the hanger but just doesn't fit. Using a generalist may get you in trouble. The good fit comes with a fine tailor who can customize a disability plan just for you.

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What to look for

When shopping for an individual plan, look for:

- A policy that is non-cancellable and guaranteed renewable so that the contract cannot be changed or cancelled when you may not qualify for another plan.
- An inflation or cost-of-living rider, which is a good way to increase your monthly benefits. While this can be expensive, you must consider it in the context of the impact of inflation on your purchasing power.
- A future insurability rider, which will allow you to increase your benefits without additional health questions. If you anticipate significant increases in your future income, make sure you have this feature.

LIFE 3

Did you know 72% of pain sufferers regularly have trouble sleeping?*

*Source: Data on file. Johnson & Johnson Inc. Analgesics Equity/U&A Research, 2010

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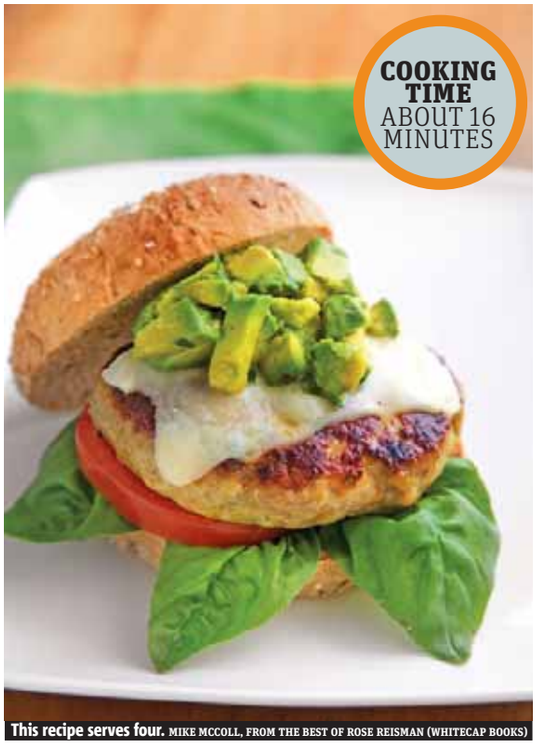

This recipe serves four. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

Grilling Week. Victoria Day officially launches barbecue season. Let Metro help kick it off with a week's worth of ideas for outdoor dining

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Come May Long Weekend, barbecue season will be in full swing. For my part, I love cooking up a great tasting burger.

In recent years we're being warned about ingesting excess amount of beef, so my go-to burger is a lean chicken patty, which screams "California cuisine" thanks to its lovely presentation and fresh approach. Just to compare, a ground 4 ounce beef burger will have close to double the calories and fat of a ground white chicken burger.

There's nothing better than a homemade burger, which gives you control of everything you're adding.

For this California Grilled Chicken Pesto Burger, I like to buy a combination of both white and dark ground chicken, but you can use just white if you don't have both on hand.

The great flavour of this burger comes from the secret ingredient — pesto — which is added right to the meat. I like to make my own pesto when basil is in season and freeze it in small containers for use all year. You can visit rosereisman.com for pesto recipes. You can also use store-bought pesto, but keep in mind that they tend to have excess oil, making them much higher in calories and fat.

The toppings of cheeses, avocado and tomatoes make this dish a winner.

You can prepare these burgers up to a day in advance. Simply cook them just before serving.

FLASH FOOD

From your fridge to your table in 30 minutes or less

Nutritional information

Per serving

- **Calories.** 304
- **Carbohydrates.** 3.5 g
- **Fibre.** 6 g
- **Protein.** 23.7 g
- **Total fat.** 20.8 g
- **Saturated fat.** 7.6 g
- **Cholesterol.** 100 mg
- **Sodium.** 361 mg

Directions

1. Combine chicken, egg, seasoned bread crumbs, pesto, garlic, green onions, and salt and pepper.

2. When fully combined, form the mixture into 4 burgers.

3. Either grill or bake the burgers at 425 F until they are no longer pink, about 8 minutes per side, or until internal temperature reaches 165 F. Add the cheese and cook just until melted.

4. Place the cooked burgers on a multi-grain bun and garnish with diced avocado, tomatoes and basil leaves.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 1 lb ground white and dark ground chicken
- 1 egg
- 1/3 cup seasoned dry bread crumbs
- 2 tbsp pesto sauce
- 2 tsp crushed garlic
- 3 tbsp minced green onions
- pinch of salt and pepper
- 4 thin slices Monterey Jack or aged cheddar cheese (about 1 oz)
- 4 multi-grain burger buns
- 1/4 cup diced avocado
- 4 slices ripe tomatoes
- 8 basil leaves (optional)

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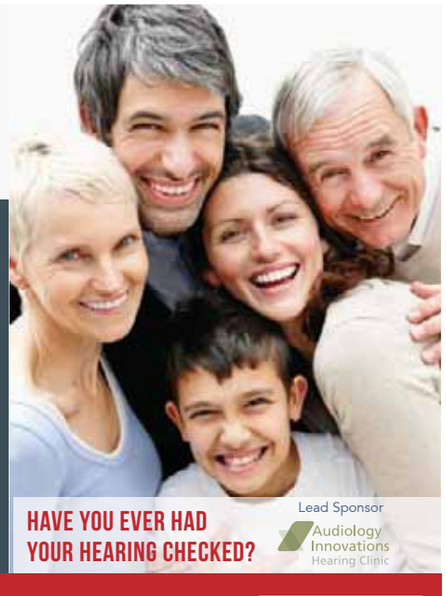

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NURSING WEEK
Monday, May 12, 2014

Celebrating a profession

Achievements. Nurses use their experience and knowledge to achieve better health for all of us

National Nursing Week (May 12-18) is an opportunity for nurses to reflect and celebrate their profession's achievements. SHUTTERSTOCK

JANE DOUCET
For Metro

In Canada, National Nursing Week was first officially celebrated in 1985 to highlight nurses' contributions to the well-being of Canadians.

The international celebration of nurses and their many areas of practice is held the second week of May, this year from May 12-18.

"National Nursing Week is an opportunity for nurses to reflect and celebrate their profession's achievements," said Barbara Mildon, the president of the Canadian Nurses Association. "We stop and think about what we do to help patients."

The theme of this year's National Nursing Week is Nursing: A Leading Force for Change. According to Mildon, it's about nursing leadership in better health at all stages of their careers.

"Nurses use experience and knowledge to achieve better health for Canadians," she said.

This comprises the 300,000 registered nurses in our country, along with all of myriad other types of nurses, including licensed practical nurses and nurse practitioners.

There are two challenging issues facing nurses today. The first has to do with recruiting more nurses, then working to retain them so they don't leave the country to work elsewhere and they don't leave nursing altogether after a few years.

"We want to keep our nurses in Canada and in the profession," Mildon said.

The second issue has to do with the increasing number of Canada's vulnerable patient populations, especially seniors and First Nations groups. Seniors are living longer, which means they are dealing with chronic diseases and dementia, which, in many cases, requires more complex care and treatment.

First Nations' peoples may be facing poor nutrition, addiction and suicide. Poverty may be an issue for both groups, which can lead to a decline in physical and mental health.

"For these Canadians, we'll be advocating for an increase in community care and home care," Mildon said.

Although nursing comes with many challenges, Mildon advocates that it's a wonderful career choice in which you can make a real difference in people's lives. And there are so many areas of nursing to pursue.

"Nursing careers are so diverse and there are lots of opportunities to do so many interesting things."

Feedback. Take a moment to thank your nurse

If you have been fortunate enough to have been cared for by a nurse who made you feel like you were safe and in good hands, you already appreciate nurses. If you have yet to encounter such an experience, National Nursing Week (May 12-18) is the perfect time to think about the important roles nurses play in our health-care system.

"When people understand the work of nurses, appreciation follows," said Barbara Mildon, the president of the Canadian Nurses Association.

According to Mildon, nurses get great satisfaction from the feedback they receive from patients and their families — their input may help enhance the way they provide future care. And there is nothing nicer than hearing someone express their gratitude.

"A simple thank you is more than enough," she said.

Some people might send a heartfelt thank you card or drop off a bouquet of flowers for the nursing station, while others might deliver gift baskets or gift cards.

"Whatever is in your heart is the right thing to do," Mildon said.

On a recent work-related trip to Prince Edward Island, Mildon recalled visiting a local community health centre. The centre's director, who took Mildon on a tour of the facility, was a former registered nurse who had worked in the area.

As Mildon and the director walked through the front doors, an elderly woman spotted the director.

"Her face lit up like a Christmas tree," Mildon said. "Then she came over to give the director a hug."

It turned out that when the director was a home-care nurse a decade earlier, she had cared for the woman's husband, who was dying from cancer.

The nurse had helped both the man and his wife prepare for the peaceful death he was able to have at home.

"The connection of that woman to the nurse was still strong after all those years," Mildon said. "That's the power of nursing."

JANE DOUCET

Nurses get great satisfaction from the feedback they receive from patients and their families. SHUTTERSTOCK

National Nursing Week
May 12-18, 2014

Columbia College would like to recognize all of its Practical Nurse Graduates and Faculty during National Nursing Week.

"When you're a nurse you know that every day you will touch a life or a life will touch yours."
- Author Unknown

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RPN role has evolved

RPNs look after less complex patients with predictable outcomes. SHUTTERSTOCK

Aiding. Advancing learning allows RPNs to bring more knowledge into workforce

YLVA VAN BUUREN
For Metro

When Christine Peacock graduated more than 30 years ago as a registered nursing assistant (RNA), her job consisted of assisting patients with activities of daily living such as bathing, eating, and helping them get up.

"If there were any patient concerns, you went to your RN or charge nurse for help," said Peacock, a longtime employee of the Niagara Health System in St. Catharines, Ont.

Not anymore. Patient care is so different today because both categories of nurses have evolved in the level of knowledge they bring to the workplace, said Dianne Martin, executive director of the Registered Practical Nurses Association of Ontario.

RPNs (registered practical nurses) and RNs (registered nurses) have much more in-depth education requirements and knowledge, she said. While they both study from the same body of nursing knowledge, RNs obtain a four-year bachelor's degree in nursing (and greater depth and breadth of foundational knowledge) while RPNs go to school for two years and receive a diploma.

In the workplace, RNs, in general, look after the more complex patients who have less predictable outcomes. RPNs look after less complex patients who have a little bit more predictable path of care. A PSW (personal support worker) often provides daily living support.

"More RPNs working to their full scope of practice means RNs will be freed up to care for more complex patients," said Sharleen Stewart, president of SEIU Healthcare, the health-care union representing RPNs in Ontario.

As an example, Peacock, now an RPN, is responsible for the care of her assigned patients including the assessment, delivering medications, and the treatment outcome.

Continuing education a must for nurses

Today's nurses are entering workplaces that are complex and diverse, thanks in large part to the growing number of senior citizens with extended lifespans, many of whom are living with chronic diseases and dementia.

In Canada, 50 per cent of new nursing graduates will be going to work in hospitals and dealing regularly with life-and-death situations.

"This is just the beginning of their careers," said Cynthia Baker, the executive director of the Canadian Association of Schools of Nursing. "There's a lot more learning that needs to be done in a wide variety of practice areas."

The Canadian Nurses Association has specialized certification courses and exams for registered nurses who have been working for at least two years. Some of the specialized nursing areas include mental health, public health and intensive care. The courses are offered part time and partly online so nurses can keep working while they are studying

Quoted

"It's part of provincial requirements for nurses to keep their licences that they will be lifelong learners."

Cynthia Baker, executive director of the Canadian Association of Schools of Nursing

The purpose of ongoing professional development is to deepen skills and knowledge in a particular area of nursing in order to enhance patient care. With advances in medical research, what might have been deemed a "best practice" in treatment and care a few years ago may no longer be considered to be so today.

At the upcoming national nursing conference in Halifax later this month, nursing educators will be discussing the changing needs of Canadians. JANE DOUCET

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Social media is helping nurses share and access important information. CONTRIBUTED

Technology checkup

Sharing is caring. Ottawa hospital is using social media to help its nursing community

YLVA VAN BUUREN
For Metro

The Ottawa Hospital is using social media to provide its nursing community access to information and access to each other. TOH Nurses, the hospital's social media campaign for nurses, integrates Facebook, Twitter, Pinterest and Instagram pages and hosts live tweets and tweet chats. It serves as one of the communication tools to nurses across three campuses and numerous satellite sites.

"We're able to engage really great discussions online," said Jennifer Jackson, adviser for the Centre for Nursing Excellence and the social media facilitator.

All the tools are valuable for sharing information, and everyone can share their knowledge, she said. Also, while traditional medical journals are still important sources, social media provides access to information that is new and continuously being generated.

The innovative social media campaign — among the first hospital-based, nurse-focused, open access media campaigns anywhere — attracted more than 1,000 subscribers in the first four months, engaging the nursing community at the hospital and from across Canada and the U.S.

The campaign is also open to the public (facebook/toh/nurses), said Maggie Kennedy, who works in the nursing professional practice department at the hospital and helped develop TOH Nurses.

"In this way, it provides both accountability to patients and gives nursing a positive 'public face,' which contradicts some of the negative images of nurses in current culture."

For example, the TOH Nurses Instagram page provides every nurse with an opportunity to be the face of TOH Nurses.

"As a college-regulated profession, we have a very well-defined moral, legal and ethical code and that extends to the social media universe as well," Jackson said. "But that shouldn't stop us from using new technology to improve the care we provide and to connect with each other."

Nursing is a new frontier

"When we first came into nursing, the RNs (registered nurses) really loved us because we did all the bedside care such as keeping the patient and the room clean, making sure they ate properly, and teaching them to get in and out of bed and to walk. That freed up the RN's time to make sure things were done properly and medications were monitored and administered properly."

Everything is different now, said Kelly Brew, a registered practical nurse (RPN) at Westpark Healthcare Centre, a rehabilitation centre in Toronto. She has worked with patients who are recovering from major events such as an accident, stroke and brain injuries for the last 12 years.

Brew graduated in 1992 as an RNA (registered nursing assistant), then went back to school in the late '90s to upgrade and earn the RPN designation.

As an RPN, Brew has a bigger picture of the patient and does the assessment, treatment and follow-up.

"This depth of knowledge is so beneficial to the patient."

The changes in responsibility have understandably caused challenges in the workplace. As the RPN education increased, RNs and RPNs started to overlap some of their responsibilities. Even though they were complementary to each other, there was some conflict because of the crossover.

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On the go. Mobile service provides primary care

The Care-A-Van is a highly effective mobile health-care outreach program in the Comox Valley community on Vancouver Island.

Helen Boyd, the co-ordinator and originator of the program, explains how it started.

"As a registered nurse and mental health and addictions counsellor, I was seeing more and more people fall between the cracks and many were homeless. I didn't think it was right that these folks didn't have same access to medical services."

Five years ago, Boyd brought together a group of volunteers to refurbish a 1987 mobile home into a medical clinic. And since then, every Monday and Wednesday night and Friday afternoon, it has delivered mental and physical health-care services to individuals who are homeless or at risk for homelessness in this community of about 60,000 people.

There is always a driver and two health-care professionals, and the Care-A-Van goes rain or shine or whether it's a holiday or not. There is no waiting room or appointments, and patients are seen on a first-come, first-served basis.

Care-A-Van delivers primary health care on the spot, and several programs help with specific needs, too.

For example, once a month there is a "dental day" and the van will bring patients who need dental work to a dental office. There are also optometry (an optometrist provides eye exams and free glasses) and denture (a denturist donates dentures) programs.

Nurses connect patients to community resources for housing, food and social supports, which helps to reduce the number of homeless and improve their general quality of life, Boyd said.

The Care-A-Van is funded by the community through fundraising, and Boyd's position is the only paid one. All the other medical professionals and the drivers donate their time and expertise.

YLVA VAN BUUREN

Helen Boyd is the co-ordinator and originator of the Care-A-Van program. CONTRIBUTED

'Round the world wisdom

Add some levity to your daily load

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

Taking on a difficult project will bring its share of ups and downs. To get to the finish line fastest, it is imperative to rapidly bounce back from the downs to minimize loss of momentum. And although it is counterintuitive, sometimes we need to increase our burden in order to lighten up.

A celebration in the sand

Although bulky and heavy, I carried two bottles of champagne totalling six pounds, and cigars so I could complete each day with a toast and invite others to my little desert party.

As I prepared to race the Gobi March, I became obsessed with what I would carry with me. In these events, runners must carry between 20-25 pounds on their backs: food, clothing, and sleeping gear, and a medical kit to meet safety standards.

The bulk of the weight is "fuel," the food that must deliver each runner in excess of 2,000 calories per day. In the Gobi, I probably spent 50 hours thinking about which foods would go into my pack. My final choices were calculated to extract the highest energy output for the lowest possible weight.

As I would discover, maximizing output is more than just a numbers game. Running the Gobi taught me how indulging in small luxuries can lead to a better end result. This lesson came into play in my subsequent races in the Atacama and Sahara, where my small indulgences would get me through the rough parts.

Although bulky and heavy, I carried two bottles of champagne totalling six pounds, and cigars so I could complete each day with a toast and invite others to my little desert party. My friend Louie packed his cherished homemade salamis, adding four pounds. An Italian team carried full dinnerware and a tablecloth to cement their own celebration.

Is it best practice to smoke cigars and drink champagne after running a marathon, knowing these items add 25 per cent more weight to your backpack? Of course not! However, if you are looking to bounce back after a tough day, then having tactics to fill yourself up with joy may in fact help you spring forward.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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NHL playoffs

Blackhawks back on winning track

Jonathan Toews had a rebound goal early in the third period, and the Chicago Blackhawks beat the Minnesota Wild 2-1 on Sunday night to take a 3-2 series lead in the Western Conference semifinals.

Bryan Bickell also scored and Corey Crawford made 27 saves as Chicago bounced back from consecutive losses in Minnesota that handed the momentum to the Wild heading into Game 5.

But the Blackhawks were back at the United Center, where they improved to 6-0 in this post-season and 17-2 over the past two playoffs.

Erik Haula scored in the first period for the Wild, and Ilya Bryzgalov had 26 stops.

Game 6 is Tuesday night in Minnesota, where the Wild are undefeated in this post-season.

THE ASSOCIATED PRESS

NBA playoffs

Unlikely hero helps Clippers climb out of hole vs. OKC

Darren Collison scored eight of his 18 points in the final 2:58, rallying the Los Angeles Clippers past the Oklahoma City Thunder 101-99 on Sunday to tie the Western Conference semifinal series 2-2.

Russell Westbrook, who scored 27 points, missed a three-pointer and Serge Ibaka's tip attempt was too late at the buzzer, allowing the Clippers to salvage a game they trailed until the final 1:23.

THE ASSOCIATED PRESS

Linesman Steve Miller separates Rangers forward Dominic Moore and Penguins defenceman Kris Letang during New York's 3-1 win in Game 6 of their second-round series. ELSA/GETTY IMAGES

Pens dealt another blow by Rangers

NHL playoffs. St. Louis' emotional goal helps N.Y. avoid elimination

Game 6

Rangers	Penguins
3	1

If Martin St. Louis wasn't a fan favourite during his first two months with the New York Rangers, he certainly became one during a very emotional weekend.

St. Louis came to New York in March in a deal in which popular team captain Ryan Callahan was shipped to Tampa Bay. When he didn't light up the scoreboard right away, the Madison Square Garden crowd was slow to warm to him.

That all changed Sunday night.

Three days after the sudden death of his mother, St. Louis scored 3:34 in, and the Rangers avoided elimination for the second straight game by beating the Pittsburgh Penguins 3-1.

Game 7 of the Eastern Conference semifinal series is Tuesday in Pittsburgh. New York advanced in the first round with a Game 7 win over Philadelphia.

St. Louis rejoined his teammates for Game 5 in Pittsburgh on Friday, after a quick trip to Montreal to be with his family. That dedication inspired his teammates during a 5-1 win and carried over to Sunday.

"It's probably one of the cooler things I've been a part of in my professional career," said Derek Stepan, who earned an assist on St. Louis' goal. "The emotion on that goal is something that I will never forget."

Fans were already chanting "Mar-ty, Mar-ty" on his first shift. The cheers got louder after he scored. St. Louis, the first star of the game, patted his heart when he came out to an ovation from the crowd.

"Mother's Day, my dad is here, my sister is here," St. Louis said. "It's been a tough time for my whole family. To be able to get the lead in the first period, it was a good one."

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Sam: Feeling like the first pick of the draft

NFL. St. Louis Rams select gay football player 249th overall out of 256 selections

Michael Sam cries as he talks on a mobile phone after he was selected in the seventh round by the St. Louis Rams on Saturday. ESPN/THE ASSOCIATED PRESS

Michael Sam waited and waited. Hours passed, rounds came and went, and eventually, there were only eight more picks left on the third and final day of the NFL draft.

For just a moment, it looked as if his chance of being picked by a pro team and becoming the league's first openly gay player might take a detour. Or at least be delayed.

The call finally came Saturday from the St. Louis Rams, the team right down the road from where Sam played his college ball at the University of Missouri.

Sam was selected in the seventh and final round and admitted it was a frustrating wait. He said teams that passed on him chickened out and he should have been drafted sooner.

"From last season alone, I should've been in the first three rounds. SEC Defensive Player of the Year, All-American," Sam said. He stopped short of directly saying his stock dropped in the draft because he came out.

"You know what, who knows? Who knows? Only the people who sit in the war room know," he said. "They saw Michael Sam, day after day they scratched it off the board. That was their loss. But St. Louis kept me on that board. And you know what? I feel like I'm a (Jadeveon) Clowney, a first draft pick. I'm proud of where I am now."

Sam came out as gay in media interviews earlier this year. His team and coaches knew his secret and kept it for his final college season. He went on to have the best year of his career: He was the co-defensive player of the year in the NCAA's best football conference and had 11.5 sacks.

When Mike Kensil, the NFL's vice-president of game operations, walked to the podium and said: "The St. Louis Rams select ... Michael Sam ..." the fans gave a hearty cheer, chanting "Yes! Yes! Yes!" and "Michael Sam!"

THE ASSOCIATED PRESS

Jays tripping over Angels

The Angels' Howie Kendrick dives into third base, knocking down the Blue Jays' Juan Francisco in Toronto on Sunday. Hank Conger homered and drove in a career-high five runs to power the Los Angeles to a 9-3 win. The Angels will look to complete a four-game sweep of the Jays on Monday night. FRANK GUNN/THE CANADIAN PRESS

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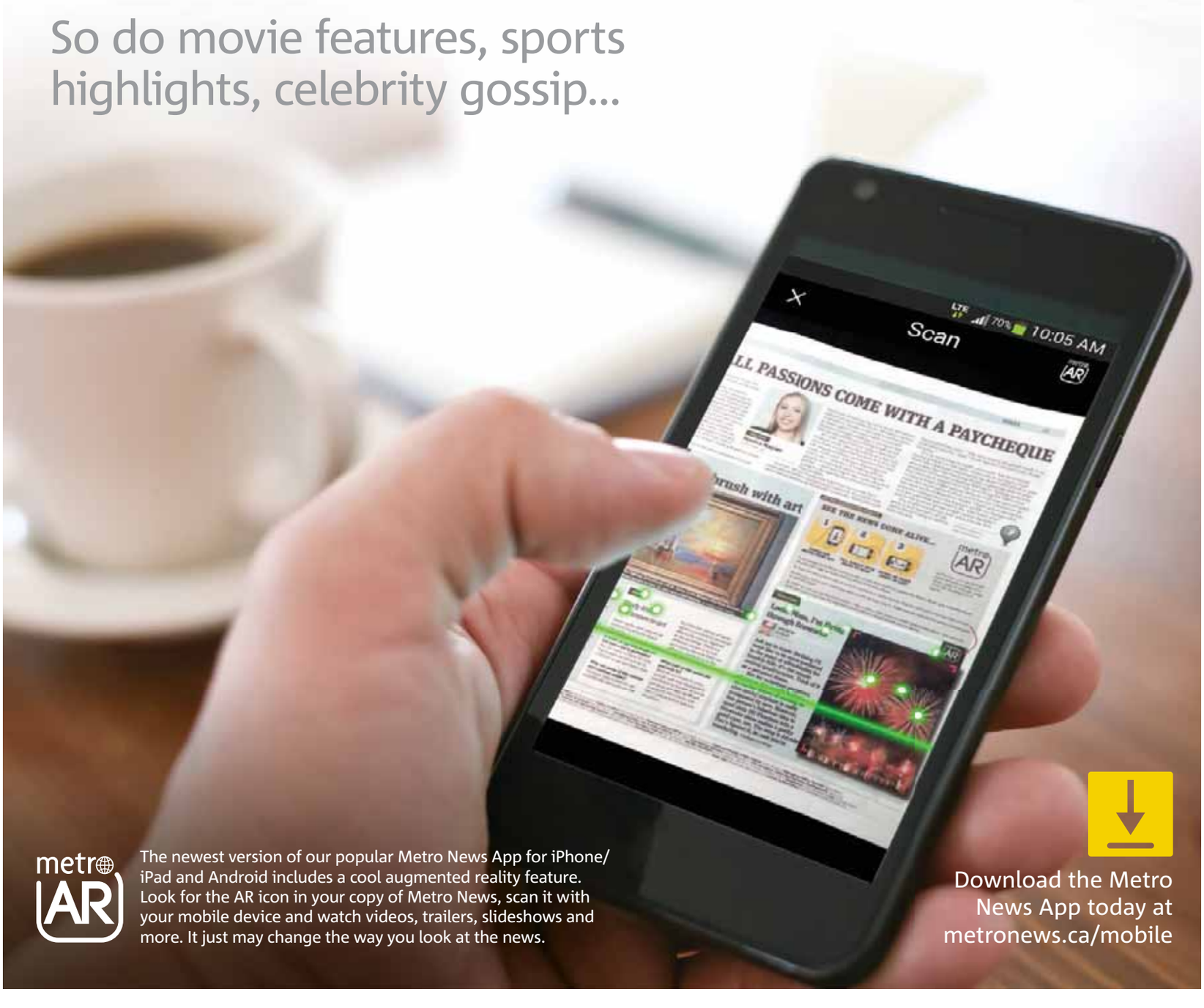

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Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

7		3		4		1	9	
	1	9						
			5					4
3		8	6					
9			1		4			7
					3	5		8
5					2			
						4	6	
	4	2		9		7		3

Friday's Sudoku

3	8	7	2	5	4	1	6	9
5	9	1	6	7	8	3	4	2
2	6	4	9	1	3	7	5	8
8	4	9	5	3	1	6	2	7
6	1	5	7	8	2	4	9	3
7	3	2	4	6	9	5	8	1
9	5	3	1	2	6	8	7	4
4	7	8	3	9	5	2	1	6
1	2	6	8	4	7	9	3	5

Horoscopes

♈ Aries
March 21 - April 20
Rivals seem to know what you are doing, even when you are not sure. That puts you at a disadvantage. Either be more secretive or find ways to tap in more effectively to what's going on around you.

♉ Taurus
April 21 - May 21
Be true and resist temptation to cut corners merely because no one can stop you. This is a great time for group activities and it will be even better if you are all working together on the same ethical level.

♊ Gemini
May 22 - June 21
With Mercury, your ruler, linked to ambitious Mars as the new week begins, there is no reason why you should not reach the top of the tree in your chosen career. Yes, you do have what it takes.

♋ Cancer
June 22 - July 23
Trust your instincts and keep on trusting them even when the powers that be say you've got it all wrong. Listen to what your inner voice is trying to say and then act on what it tells you. You don't need any other advice.

♌ Leo
July 24 - Aug. 23
Something you have kept secret for a long time will come to the surface over the next few days. In a way it will be a relief as you will no longer have to play games and pretend to be who and what you know you are not.

♍ Virgo
Aug. 24 - Sept. 23
Don't try to keep your thoughts to yourself today because loved ones will be able to read on your face what it is you are hiding. Be honest about what is going on in your head and your heart.

♎ Libra
Sept. 24 - Oct. 23
Some things may seem funny to you but not everyone will laugh at your jokes today. Most likely it's because they resent you being the centre of attention all the time. That's too bad — the limelight is there to be hogged.

♏ Scorpio
Oct. 24 - Nov. 22
This is a positive and potentially passionate time for you but to make the most of it you have got to be more outgoing. Let those you are attracted to know that you are interested — don't leave them guessing.

♐ Sagittarius
Nov. 23 - Dec. 21
Try not to come on too strong when debating with others. You may have all the best opinions and the facts and figures are certainly on your side but make allowances for those who don't share your passion for the truth.

♑ Capricorn
Dec. 22 - Jan. 20
You seem amazingly open at the moment, which is great. But watch out you don't let slip information that it might be sensible to keep to yourself. You don't have to tell everyone about everything.

♒ Aquarius
Jan. 21 - Feb. 19
If you are looking for ways to make money you will come up with plenty of ideas over the next 24 hours. The only danger is you may do nothing with them. One good idea acted on is better than a dozen that just sit there.

♓ Pisces
Feb. 20 - March 20
You will be more inclined than usual to take risks. So long as they are calculated risks that's fine – you will come to no harm and could even make money – but if you act recklessly the fall could be spectacular. SALLY BROMPTON

Up-to-date scores
Canada TOP 5

1. **178 points,** Saudah - *Toronto*
2. **157 points,** Brad - *Ottawa*
3. **155 points,** Niramay - *Toronto*
4. **155 points,** Samir - *Toronto*
5. **147 points,** Ritik - *Vancouver*

See this symbol? You can scan the photo above with your Metro News app to play the game. The top 5 winners will be announced May 15th in the Metro News app and will win a Jumpstart prize. Subject to terms and conditions. QC not eligible. Canadiantire.ca/jumpstart

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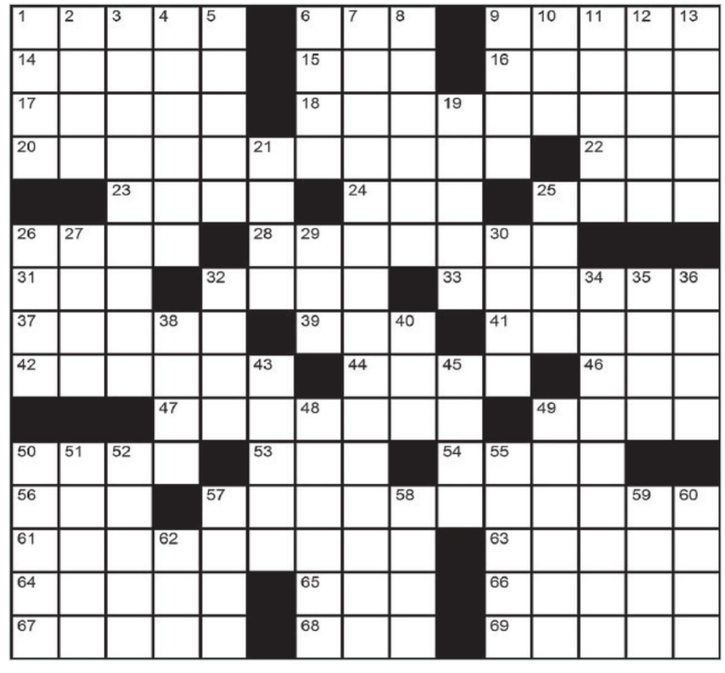
See that symbol? It means you can scan the photo below with your Metro News app to see more.

Friday's Crossword

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across

1. Ottawa's 'Parliaments', e.g.
6. Canadian broadcaster Erica
9. Mark __ ('Shark' on ABC's "Shark Tank")
14. Off-white
15. PBS funding org.
16. Repent
17. __ closet
18. British band, The __ (See #7-Down for more!)
20. William and Harry's dad, one day: 2 wds.
22. Meshwork
23. Title in Turkey [var. sp]
24. Israel: __ Aviv
25. Tidying target
26. Pouches
28. Montreal-born actress Rachelle
31. 'Smell'-meaning prefix
32. Mr. Bridges
33. Dodges
37. Important exam
39. "Unpretty" group
41. Inference
42. 'The New Classic' Australian artist Iggy
44. Retreat
46. Vintage record label
47. "__ Annie" (1933) starring Canadian actress Marie Dressler
49. Acme
50. Inventor, Thomas __ Edison
53. Lummox
54. __ _. Hall: "Harper Valley P.T.A." songwriter
56. US auditing agcy.
57. __-__ (Like green rocks)
61. Instrument for Canadian musician Walter Ostanek
63. Thwart
64. Canadian actress Ms. Katic
65. Baby bear
66. Toxin type
67. Stephen __, Bank of Canada governor
68. Utah's capital [acronym]
69. Chooses

Down

1. Defraud
2. Nero's 57
3. Iroquoian Chief of Stadacona (Present-day Quebec City)
4. Musician Mr. Allman's
5. Harmonization, briefly
6. One-named singer
7. Song by #18-Across that goes "She's been gone such a long time...": 4 wds.
8. Actress Ms. Matlin
9. Bus alternatives
10. __ possidetis (As you possess, at law)
11. 'Sea' suffix (Carried by the ocean)
12. South American mountains
13. Soarer's structures
19. Inquire
21. Healthy
25. Honey drink
26. Furniture piece
27. NBC's "Parks and Recreation" star Mr. Ansari
29. Dine
30. Campsite visitor, e.g.
32. Cordon __ (Great chef)
34. British Columbia: Sparwood attraction 'Terex Titan' is a gigantic what?: 2 wds.
35. "Behold!" to Brutus
36. Classic record label
38. Edmonton's prov.
40. Motorists org.
43. Be kind, Do _ __ turn
45. Be not-nice, Stick __ __
48. ABCs
49. Joni Mitchell song that goes "The drone of flying engines..."
50. Audibly amazed
51. 'Milk'-meaning prefix
52. Singer's helper, __ Coach
55. Blatant
57. "I'm Yours" singer Jason
58. "Squawk Box" network
59. Ms. Brickell, Paul Simon's wife
60. Shelters
62. Lennon's love

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